

AMGA

Top Rope Site Management Course



The AMGA Top Rope Site Management Course is taught by Bob Clark, a Certified Rock and Alpine guide. He is one of 17 AMGA guides in the USA qualified to provide this course. Bob also travels to accredit other schools for the AMGA here in the East.

TRSM Course

This is a 4-day (40 hour) course designed by the AMGA as the first level of training in the rock discipline. The course will emphasize technical proficiencies and educational aspects of managing a group, top rope climbing. It is intended for recreational climbers who are already proficient at top rope climbing and who preferably have lead climbing experience. It has been designed to benefit outdoor instructors, aspiring guides and climbers who facilitate top rope climbing programs in-group settings such as camps, schools, universities, climbing schools or therapeutic groups.

The course focuses on the learning and application of technical skills as they are applied in all forms of top rope climbing instruction. At the end of the course students will receive a written evaluation and recommendations for the certification exam as well as daily feedback. Participants who attain certification are expected to demonstrate the technical and educational proficiencies necessary to instruct a variety of top rope climbing skills to both groups and individuals efficiently, decisively, safely, professionally in any natural setting.

Students are free to take the exam right after the course or wait up to 3-years. While not all students will be ready for the certification exam at the end of the course, we are confident that you will broaden your climbing knowledge and go home with many new ideas and skills.

Topics include:

- ◆ Expanding your repertoire of belay systems
- ◆ Knots and friction hitches
- ◆ Harness selection and choices
- ◆ Rappelling set ups and methods
- ◆ Exploring and practicing methods of teaching climbing skills
- ◆ Coaching participants effectively
- ◆ Climbing equipment materials and technology
- ◆ Administrative, legal and ethical expectations and responsibilities associated with being a climbing instructor
- ◆ Developing quick and effective anchoring techniques using natural, artificial and bolt anchors
- ◆ Extending anchors
- ◆ Promoting “Leave No Trace” and Environmental concerns
- ◆ General site management
- ◆ Belay transfers; assisting and rescuing climbers, raising systems
- ◆ Understanding the experiential education model along with briefing and debriefing processes, learning and teaching styles.
- ◆ Establishing and managing “top belay” and “bottom belay” top rope climbing sites including various belays and backup methods
- ◆ Practicing a variety of anchor configurations and learning many subtleties about anchoring

TRSM Course Candidate Pre-Requisites

You meet the pre-requisites for the course if you:

- You are at least age 18.
- You have at least two years prior climbing experience.
- You provide a resume showing at least 40 days of recreational climbing and/or climbing instruction in the past two years or a minimum of five years climbing experience.

- You are able to comfortably set-up top rope climbs, to belay, and to rappel without guidance and can demonstrate basic familiarity with anchoring principles, natural anchors and artificial anchors (wedges, hexes, passive and active cams). These skills may be assessed at the start of the course.
- You are capable of comfortably climbing 5.7 – 5.8 terrain while on a top rope.
- You possess the personal equipment necessary in the course.

If you are unsure of your skill levels we suggest hiring a certified rock guide to evaluate /enhance your skills prior to participation.

First Aid Requirements

Candidates *do not need first aid certification to take the TRSM Course or Exam*. TRSM Exam Graduates must hold first aid training to receive the AMGA TRSM Certification form the AMGA. Candidates may take the TRSM Exam and gain First Aid Certification at a later date if they wish, but their TRSM Certification will not be granted and released from the AMGA until they receive First Aid training documentation from you.

Candidates that wish to instruct on crags that are *less than two hours away from advanced medical care* must hold a Basic First Aid (16 hours) certification or higher (Wilderness First Aid) in order to be issued with the TRSMC certification. Candidates that wish to instruct on crags that are *two hours or more away from advanced medical care* must hold the Wilderness First Responder certification or higher in order to be issued with the TRSMC certification.

TRSM Exam

A candidate must have successfully completed a 40-hour AMGA Top Rope Site Manager Course within the past three years. The TRSM Exam can be taken the day after the TRSM Course is successfully completed, however it is highly recommended that the TRSM Course candidate take time practicing and consolidating the skills learned on the course before examination. There are three options for examination.

1. A single day a candidate taking his/her exam with his/her original course provider may take TRSM Exam.

2. If a candidate wishes to have another day of training before the exam a candidate may take the two-day TRSM Recertification Course/Exam.
3. A candidate taking his/her initial evaluation from a different instructor / examiner is required to take the two-day update/evaluation. (Exceptions, if there are only 1 or 2 candidates then enough can be observed to complete in a single day).

Accreditations and Standards

The AMGA Top Rope Site Managers Course full fills the requirements of the **American Camping Association Accreditation Standards** for climbing instructors:

The AMGA Top Rope Site Managers Course will teach instructors the skills necessary to fulfill the requirements of **AEE Accreditation** for top rope climbing instruction:

The TRSM Course provides an excellent grounding and introduction to the techniques and practices taught higher-level AMGA courses.

Terrain Guidelines

The AMGA TRSMC will be based on rock instruction of single pitch cliffs that are defined as:

“No leading required to set up climb, single pitch where access to the top is non-technical”.

This course and certification will **not** cover instruction or guiding on multi-pitch terrain.

Required Equipment List

Climbing equipment:

- UIAA/CE approved Climbing Helmet
- UIAA/CE approved Climbing Harness **with belay loop**
- Climbing shoes or approach shoes you can climb in to 5.7
- Standard “climbing rack” such as, Stoppers, SLCD's, Tri-cams, etc.
- Assorted 24” and 48” runners (must have one 48” runner)
- 10 *or more* non-locking carabineers
- 3 *or more* “HMS / Pear shaped carabiners”
- 6 *or more* locking carabiners, (the more the better)

- Belay/rappel device, such as the “Reverso”, “ATC”, etc.
- Petzl GriGri belay device
- 2 Prussic loops (4 ft of 5mm Nylon Accessory Cord)
- 2 Cordellettes (21 ft. of 7mm Nylon Accessory Cord)
- One 165-200 ft "single" rope (9.5-11mm) suitable for top roping
- One static *or* “semi static” (gym line) rope 10-11mm, 130-150ft, for setting up anchors and fixed lines

All gear will be inspected on the first morning of the course and is expected to be in good condition. Mark all of your gear!

General Equipment

Clothing: Appropriate for guiding and in good condition. Be prepared for being outside and active during inclement weather, i.e. bring windproof and waterproof clothing and for the course.

Footwear: Closed toe approach shoes appropriate for wearing all day at the cliff.

Daypack: Include water bottle, sunglasses, headlamp, notebook/pencil, first aid kit, etc.

Camping: If you are camping bring appropriate equipment.

Costs: 1 Person - \$1000 / 2 Persons - \$650 / 3 or more - \$525

Regular Exam: 2 People - \$150 each 3 People - \$125 each

Re-Certification Exam: 2 at \$225 each 3 at \$200 each

Some reasons I might want to take this course:

- * You can never have enough knowledge and education especially in this ever-changing sport!
- * The instructor/guide hiring public now recognizes the AMGA logo as **the industry standard** of professional guides in America. People now look to hire individuals that hold these credentials because they know they will be hiring the best instructor or guide possible.

- * Insurance companies are finally recognizing AMGA certification as the **minimum** standard for climbing instructors and guides in the USA and they realize the lower risk in insuring AMGA trained and certified instructors. They have therefore started offering **discounts** to AMGA certified instructors and guides.
- * Climbing instructors that hold the AMGA TRSM are now **highly** marketable. Guide services are hiring AMGA trained and certified instructors because they now need to show their instructors have had recognized training to gain permits for private, NPS and USFS lands and to comply with Accreditation Standards, such as the American Camping Association and Association for Experiential Education (AEE).
- * Individual Members of the AMGA that gain the TRSM certification can use the AMGA logo in advertising materials and get pro-deals from over 40 climbing and outdoor equipment manufactures (40%-50% off retail prices). Contact the AMGA or Ct. Mountain Recreation for information on how you can become an Individual Member of the AMGA.
- * The AMGA TRSMC is worth College credit in some of the Outdoor Education Colleges.
- * AMGA Top Rope Site Manager Certification is required to work in areas across the country as the minimum standard and this will become more so as more land managers and government agencies use the certification as a minimum standard to gain a permit. Some areas that currently *require* that instructors have to hold AMGA TRSM or higher are, Ship Rock NC (and any area on the Blue Ridge Parkway), New River Gorge WV, Red Rocks NV, Joshua Tree CA, Eldorado Canyon, CO to name just a few, with many more following year by year.

For more information contact CMR via email
bob@ctmtrec.com or
by calling (860) 930-5929.